



# What's On at our centres

## Monday 24<sup>th</sup> June to Sunday 30<sup>th</sup> June

Blow away those cobwebs and improve your Health & Wellbeing by getting out and about, joining a new group, or learning a new skill.

Please call us on 01604 583626 or E: [office@duston-pc.gov.uk](mailto:office@duston-pc.gov.uk)

for more info on any of the groups listed below

MON	TUE	WED	THU	FRI	SAT	SUN
Indoor Bowls	Computer Pals Not So Dusty	Favel Day Services Pilates	Allotment Volunteer Day		Taekwondo	Duston Fun Day
Taekwondo	Weight-Watchers Brownies	Slimming World	Ballet Classes for over 55's		Martial Arts	Pentecostal Church
Gentle Yoga	Rock Choir	Duston Art Group	Indoor Bowls		Dance Class	Weight-Watchers
Bridge Club	Pilates Fitness Class	Happy Circle Weight-Watchers	Pilates Hartbeeps			
Beavers & Cubs	Duston Camera Club	Youth Club Jnrs & Snrs	Weight-Watchers			
	Local Health Walks	Local Health Walk	Slimming World			
	Guides	Yoga	Yoga			
	Beavers & Cubs	U5's Music Class	Cotswold WI			
	Sugar & Spice					